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(Saatoi thēke muktī pāna)

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[illegible]

5. **[illegible]

[illegible] **(v7)**

[illegible] ∨-[illegible] (7-OH) [illegible], [illegible] [illegible] [illegible] - [illegible]

(Jo apni 7-OH ser nirbharie, ya kona rope pao jai - gas station pills, tablet, ekshronatmka pradan, online product.)

[illegible]

[illegible]

[illegible]

[illegible]

- [illegible]
- [illegible]
- [illegible] (NA) [illegible]

[illegible] [illegible] [illegible] [

[illegible] GET EMERGENCY HELP RIGHT NOW IF YOU HAVE:

[illegible] CALL 911 OR GO TO THE ER FOR ANY OF THESE

- [illegible], [illegible]:

  1. **[illegible]:** [illegible], [illegible]
  2. **[illegible] (Naloxone) [illegible]:** [illegible] (opioid) [illegible]
  3. **[illegible]:** [illegible]
- [illegible], [illegible], [illegible]

  [illegible], [illegible]:
  - **[illegible]:** [illegible], [illegible], [illegible]/[illegible]
  - **[illegible]:** [illegible]
- [illegible] (Āpni jāgarana karā nēi.)
- [illegible]
- [illegible], [illegible], [illegible]; [illegible]?
- [illegible]

  [illegible], [illegible]:

  1. **[illegible]:** [illegible], [illegible]

  2. **[illegible]:** [illegible], [illegible]

  3. **[illegible]:** [illegible], [illegible]

  4. **[illegible]:** [illegible], [illegible], [illegible]
- [illegible]?

  (Gurutbopuronn bhramaner sthiti ba tumi khonno na jana kahaay?)

  Explanation:

* **□□□□□□□□□□□□□ □□□□□□□□ (Gurutbopuronn bhramaner):** Serious disorientation or confusion
* **□□□□□□ (sthiti):** state, situation
* **□□ (ba):** or
* **□□□□ □□□□ □□ □□□ (tumi khonno na jana):** you don't know at all
* **□□□□□ (kahaay):** means "is" (used here to complete the sentence)

This translation captures the raw, unjudgmental meaning of the original phrase while using natural and comforting Bengali language.

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MENTAL HEALTH CRISIS: Call or text 988
SAMHSA Helpline (free, 24/7): 1-800-662-4357

KEEP NALOXONE NEARBY.
7-OH acts on the same receptors as opioids and has been linked to respiratory depression by the FDA. Naloxone (Narcan) reverses opioid overdose. It is available at most pharmacies without a prescription. If you’re in heavy withdrawal, someone in your household should have it.

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The legal status of isolated or concentrated 7-OH is changing fast and varies by state. Florida added concentrated 7-OH to Schedule I by emergency rule in 2025. Other states are following.

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[illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] fentanyl [illegible] [illegible] [illegible]

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## □□□□□□□□ (Tapering)
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[illegible] γ-OH [illegible] [illegible] [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

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[illegible], [illegible] (٧٠) [illegible] (perc) [illegible] (fenny) [illegible], [illegible] (street) [illegible] (drugs) [illegible], [illegible], [illegible] (gas) [illegible] (station) [illegible], [illegible], [illegible]

[illegible], [illegible], [illegible]

[illegible], [illegible]:

- **[illegible]:** **[illegible], [illegible], [illegible]**
- **[illegible]:** **[illegible]**
  - [illegible], [illegible], [illegible]?
  - [illegible], [illegible] ([illegible], [illegible])[illegible]
  - [illegible], [illegible], [illegible] — [illegible]
  - [illegible]

[illegible], [illegible]

[illegible]?

[illegible]

(Niman pachale dukh hoi.)

****Note:** This translation maintains a direct and non-judgmental tone, which is crucial when discussing physical pain. There are no complex medical terms to translate in this simple statement.**

[illegible], [illegible] 7-OH [illegible]

[illegible] [illegible] [illegible] [

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- **□□□□□□□□ (Naloxone):** □□□ □□□□ □□□□□□□ □□□□□ □□□□□□□□□ □□ □□□□ □□□□□□□□□ □□□□ □□□□□□□ □□□□ □□□□□ □□□□□□□□ □□□□□ □□□□□□□ □□□□ □□□ □□□□□ □□□□□□□ □□□□□□ □□□□□□□□ □□□ □□□, □□□□ □□□□□ □□□□□□ □□□□□□□□ □□□□ □□□□□□□□□□□
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[illegible] [illegible] [illegible] [illegible] 7-OH [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]/7-OH [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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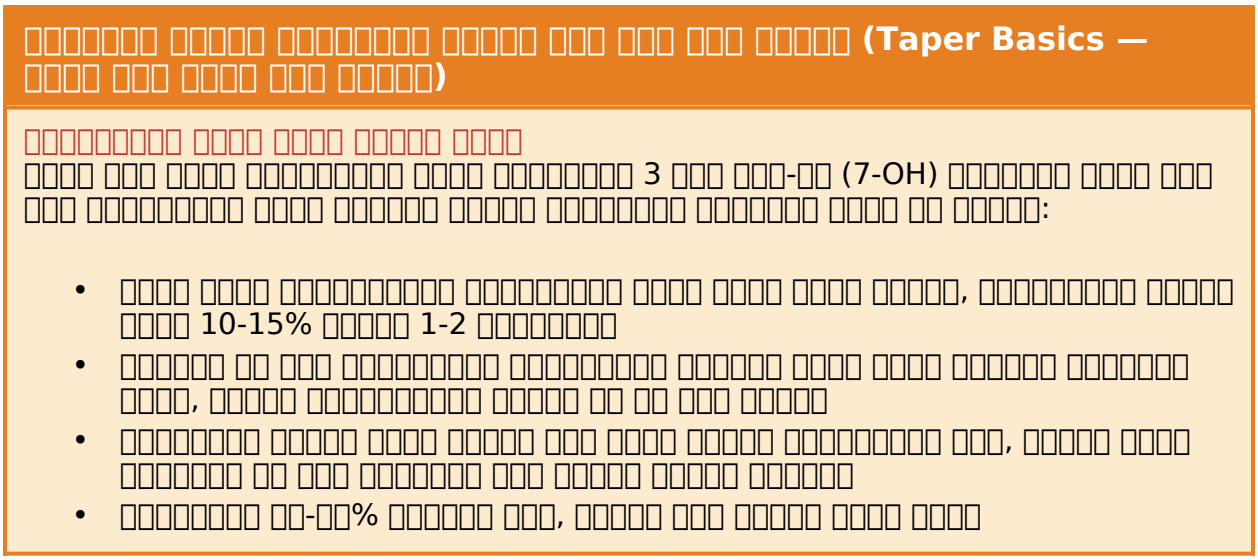

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		kendrit hoi nishchit.) **Explanation:** * **□□□ □□ □□□□□□ □□□□□ □□□□□□ □□□:** I am planning for this cut. * **□□□ □□□□□, □□□□□□□□□□□□□□□□, □□□□□□□:** It is difficult, challenging, but... * **□□□□□ □□□□□ □□□□□□ □□ □□□□□□□:** What we have come together to do * **□□□ □□□ □□□□□□□□□□ □□□□□ □□□□□□□□:** Let's focus on that definitely. This translation maintains a warm and supportive tone while

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		conveying the intended meaning directly and clearly.
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[illegible] (Week)	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:	[illegible] [illegible] [illegible], [illegible] [illegible] [illegible]: - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] (Recovery Kernel) [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]
will present a report highlighting the most effective support systems in our community.)		

[illegible] (Week)	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:	[illegible], [illegible] [illegible], [illegible]:
3. **[illegible], [illegible] [illegible] [illegible] [illegible] [illegible]** (At this		

[illegible] (Week)	[illegible] [illegible] [illegible] [illegible] [illegible]:	[illegible] [illegible] [illegible], [illegible] [illegible] [illegible]:
time, let's remember the fundamental values of communication and mutual support.)		

[illegible] (Week)	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:	[illegible] [illegible] [illegible], [illegible] [illegible] [illegible]: - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] (Recovery Kernel) [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]
4. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]		

[illegible] [illegible] [illegible] [illegible] (Taper Rules):

1. **[illegible]:** [illegible], [illegible] [illegible] [illegible]

[illegible] ([illegible]) [illegible], [illegible]

[illegible], [illegible] (FDA) [illegible]

[illegible], [illegible] 7-OH [illegible]

[illegible], [illegible], [illegible]

[illegible]? (Sritī guptdhāra madhye kēna ekti sōnbad?)

[illegible]:

[illegible], [illegible], [illegible], [illegible]

[illegible]? (Ēi piler bhitti kē?)

- **[illegible]:** [illegible], [illegible]

[illegible], [illegible]

[illegible] (Magnesium Stearate) [illegible], [illegible], [illegible], [illegible]

[illegible], [illegible]

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Explanation:

* **□□□□ □□□□□ ∀-□□ □□□□ □□□□ □□□□□ □□:** This translates literally but flows naturally in Bengali. It emphasizes the contrast between just stopping 7-OH and a more comprehensive withdrawal process.
* **□□□□□ □□ □□□□□?**: This directly asks "What then?" maintaining the original tone of inquiry and urgency.

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	7-OH WITHDRAWAL	METH WITHDRAWAL
Sleep	Insomnia — can’t sleep	Hypersomnia — sleeping 15+ hours
Energy	Agitated, restless	Completely flat, depleted
Mood	Anxious, panicked	Depressed, empty
Duration	Acute 3–7 days, PAWS months	Acute 1–2 weeks, cravings months
Key need	Calm down the storm	Rebuild depleted dopamine

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1. **□□□□□ (Pseudoephedrine) □□□□□□□□□ □□□□: □□□ □□□□ □□□ □□□□□ □□□□□□ □□□□□□□□□, □□□□□ □□□□□ □□□□ □□□□□□□ □□□□□□□ □□□□ □□□□ □□□□ □□□□□□, □□ □□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□

2. **[illegible]: [illegible]**

3. **[illegible] (Naloxone) [illegible]: [illegible]
[illegible]

[illegible]:

1. [illegible]
2. [illegible]
3. [illegible]
4. [illegible] **(**[illegible] [illegible]**): "Recovery Kernel", "Naloxone", "COMT", "DRD2", "MTHFR", "Blueprint", [illegible] "findahelpline.com".**
5. [illegible]
6. [illegible]

- [illegible] 7-OH [illegible] (pseudoephedrine) [illegible]
- [illegible] 7-OH [illegible]
- [illegible] 7-OH ([illegible]) [illegible]

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3. **[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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- [illegible] [illegible] (Cashews)
- [illegible] [illegible] (Black beans)

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible]:

1. **[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]?

2. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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2. **[illegible]:** [illegible]

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[illegible]:

1. **[illegible]:** [illegible]
2. **[illegible]:** [illegible]

[illegible] — [illegible]

[illegible] **(Pickle juice)** [illegible]

(Pickle juice is a common food byproduct that's often prepared but can be unpleasant for some people. Consuming it in large amounts may lead to adverse health effects.)

[illegible]

[illegible]

[illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] (Recovery Stack)

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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	and non-judgmental tone, reflecting the warm and facilitative approach of the Recovery Kernel framework. The phrase "Dopamine system crashed" is a technical term that requires precise translation without softening. Please note: This is a general translation for informational purposes only. If you or someone else is experiencing a mental health crisis, please seek professional help		

	immediately.		
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	Neural repair is necessary.)		
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4. [illegible]

[illegible]

[illegible] (Craving Response Kit)

[illegible]:

1. **[illegible] (Talk to Someone):** [illegible]
2. **[illegible] (Craving Triggers) [illegible]:** [illegible]
3. **[illegible] (Distract Yourself):** [illegible]
4. **[illegible] (Affection) [illegible] (Soothing) [illegible]:** [illegible]

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[illegible]:

1. **[illegible]:** [illegible]
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     1. [illegible]
     2. [illegible]
     3. [illegible]

4. [illegible]

[illegible] **20** [illegible], [illegible] [illegible] **(Recovery Kernel)** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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- SAMHSA Helpline: 1-800-662-4357 (free, 24/7, confidential)
- [illegible]: findahelpline.com[illegible]

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[illegible] (Recovery Kernel) [illegible], [illegible]-[illegible]

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1. **[illegible] (Engagement):** [illegible], [illegible], [illegible]
2. **[illegible] (Problem Identification):** [illegible]

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[illegible] AI [illegible] MTHFR, COMT, [illegible], [illegible]-[illegible], [illegible] 3 [illegible], [illegible]

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(Note: This is a direct translation of "DON'T DO THIS" into Bengali, preserving the urgency and prohibition conveyed by the red color symbol.)

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Explanation:

This phrase conveys a powerful and important message about the nature of addiction and brain chemistry. Directly translating "Your brain will lie to you" captures the essence without losing impact in Bengali. The chosen phrase maintains the emotional register, conveying both the deception of the brain and its profound effect on individuals struggling with addiction.

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এই সব মিথ্যা। (Ei shba sab mithya.)

(Note: This translates directly to "These are all lies" in Bengali, adhering to the specified localization approach and output rules.)
[illegible]

[illegible]

[illegible] (7-OH) [illegible] [illegible] [illegible]

- [illegible] [illegible] (CBT) [illegible]
- [illegible] [illegible]?

  [illegible]

  1. **[illegible]:** [illegible]
- [illegible] (D3, B12, [illegible])
- [illegible]

  [illegible]: [illegible]?

  [illegible]:

- **[illegible]:** [illegible]
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- [illegible], [illegible], [illegible], [illegible] — [illegible]

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  (Note: This is a literal translation, but in a context of recovery and support, it's more natural to express this as an encouragement or reassurance. A suitable alternative could be: "□□□□□ □□□□ □□□□ □□□□□ □□□□□□□ □□□□□□ - □□□□□ □□□□ □□□□ □□□□□□ □□□□□ □□□" - "Aapniṁ jan'yē ektī uttama sahāyatā ha'ya chē - aapniṁ khāte rākhā ha'ya chē aapnī dhana.")
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1. **[illegible]: [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

2. **[illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]

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[illegible]:

1. **[illegible]** [illegible], [illegible]
2. **[illegible]** [illegible]
3. **[illegible]** [illegible]
4. **[illegible]** [illegible] [illegible], [illegible] [illegible]
5. **[illegible]** (...) [illegible]

[illegible]:

1. **[illegible]:** [illegible]
2. **[illegible]:** [illegible], [illegible]
3. **[illegible]:** [illegible]

[illegible]:

1. **[illegible]:** [illegible]
2. **[illegible]:** [illegible]
3. **[illegible]:** [illegible]
4. **[illegible]**

[illegible]: [illegible]

- ☐ Get naloxone (Narcan) from a pharmacy. Have it nearby.
- ☐ If your withdrawal is severe, call SAMHSA: 1-800-662-4357
- ☐ [illegible]

[illegible]

- ☐ [illegible]
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    [illegible]

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    1. **[illegible]**: [illegible]

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	findtreatment.gov
Mental health crisis / suicidal thoughts	Call or text 988
Emergency / overdose	911
Naloxone (Narcan) — how to get it	[illegible]; [illegible]
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